



## Values Hierarchy Worksheet

Write down, in any order, your top 10 values in the boxes on the sheet below this. Your values may include health, freedom, respect, fun, adventure, financial security, connection, family, love, sex, learning, independence, meaning, social life, career, promotion etc. Just write down what you think your top 10 values are.

As an example, assume that in box 1 you write financial security, box 2 you write love, box 3 you write health, box 4 you write adventure.

Starting with box 1 you now compare financial security against all the values below it. So to begin with, you ask yourself, is financial security more important to you than love (which is in box 2). If financial security is more important, you encircle the number 1 along the blue line of box 1 (above the number 2, because you are comparing box 1 against box 2).

If love is more important to you, you encircle number 2 along the pink line of box 1 (because love is listed in your number 2 box – remember, this doesn't mean that love is your number 2 value).

Next you compare financial security against what you have written in box 3 which is health. If financial security is more important, you encircle the number 1 above the number 3 on the blue row in the box 1. If health is more important, you encircle the number 3 along the pink line in box 1.

Next you compare financial security to adventure, which you have written in box 4. If financial security is more important than adventure, you encircle the 1 in the blue box above the number 4 in the pink row. If adventure is more important to you than financial security, you encircle the number 4 in the pink row.

You continue comparing financial security with the rest of the values through to box 10. After you have done this you then compare love (which is in box 2) against all the values below it. You don't need to compare love to financial security, because you have already done that.

There is a working example at the end of this document which has all the boxes and results included in it.

Once you have worked your way through the values, you fill in the columns at the bottom of the page and count how many times each value was encircled. This will give you your values hierarchy. Some values may have equal importance.

Check your values and make sure there are none which conflict with each other, such as financial security and adventure, as they are likely to pull you in opposite directions and could be a reason why you are not achieving your goals. Consider ways you can incorporate your values into your life plan in a functional and meaningful way.

Also remember that how you describe your values may vary to other people's meaning of that word. For example, security could mean a safe place to live, or it could mean financial security, or it could mean having personal protection. Be specific when listing your values.

No	Value	Ranking																		
1		1	1	1	1	1	1	1	1	1	1	2	3	4	5	6	7	8	9	10
		2	2	2	2	2	2	2	2	2	2	3	4	5	6	7	8	9	10	
2		3	3	3	3	3	3	3	3	3	4	5	6	7	8	9	10			
		4	4	4	4	4	4	4	4	4	5	6	7	8	9	10				
3		5	5	5	5	5	5	5	5	5	6	7	8	9	10					
		6	6	6	6	6	6	6	6	6	7	8	9	10						
4		7	7	7	7	7	7	7	7	7	8	9	10							
		8	8	8	8	8	8	8	8	8	9	10								
5		9	9	9	9	9	9	9	9	9	10									
		10																		
6		10																		
7																				
8																				
9																				
10																				

Value	Number of times selected	Result
1		1
2		2
3		3
4		4
5		5
6		6
7		7
8		8
9		9
10		10

No	Value	Ranking									
1	FREEDOM	1	1	1	1	1	1	1	1	1	1
		2	3	4	5	6	7	8	9	10	

2	HEALTH	2	2	2	2	2	2	2	2
		3	4	5	6	7	8	9	10

3	SECURITY	3	3	3	3	3	3	3
		4	5	6	7	8	9	10

4	RELATIONSHIP	4	4	4	4	4	4
		5	6	7	8	9	10

5	CONNECTION	5	5	5	5	5
		6	7	8	9	10

6	SUCCESS	6	6	6	6
		7	8	9	10

7	INTEGRITY	7	7	7
		8	9	10

8	FRIENDSHIP	8	8
		9	10

9	SPIRITUAL GROWTH	9
		10

10	MEANING
----	---------

Value	Number of times selected	Result
1 Freedom	6	1 Health
2 Health	9	2 Integrity
3 Security	5	3 Freedom (joint 3 <sup>rd</sup> )
4 Relationship	1	3 Meaning (joint 3 <sup>rd</sup> )
5 Connection / belonging	3	5 Security
6 Success	5	6 Success
7 Integrity	7	7 Connection
8 Friendship	0	8 Spiritual Growth
9 Spiritual growth	2	9 Relationship
10 Meaning	6	10 Friendship